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IT'S OVER

New York voters stream to the polls to put an end to a bitter, but closer than expected presidential campaign. 2



RACE FOR THE WHITE HOUSE



NY comes through for Clinton, but Trump surprises in key states

Trump booed at Manhattan polling place.



METRO STAFF
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It's over.

More than a year after Hillary Clinton announced in a YouTube video that "I'm running for president" and Donald Trump announced his run with a blistering speech targeting some Mexicans as rapists and murderers, the nation Tuesday selected its next commander-in-chief after a bruising, anxiety-ridden campaign.

While New York state was called early for Clinton, the race remained too close to call in Pennsylvania, Michigan and other critical states at press time, leaving the winner at doubt at press time.

Metro readers can find final results at our website: www.Metro.us.

What was clear was the determination Americans showed to vote in this historic election, waiting in long lines and confronting none of the violence or chaos some feared during one of the ugliest presidential campaigns in recent memory.

"The winner will be challenged to bring America together," said Mark Daniel, outside Trump Tower, where a handful of dump trucks were parked to keep protesters at bay. "Whether it's Clinton or Trump, I want to see that person bring 100,000 Muslims, African-Americans, Hispanics, Jews, everybody, to Central Park to plant seeds of hope, and weed out hate."

"Whatever happens, I've made peace with it," said Clinton supporter Michael Thomas.

Other New Yorkers weren't as sure as Tuesday night turned



People wait in line to cast their vote in the presidential election. GETTY IMAGES

unexpectedly into a nail-biter, especially for Clinton supporters who expected the former Secretary of State to cruise to victory nationwide.

"I'm a little shocked; I would love to hear some states go to Hillary," said Dana Boll, a playwright and arts manager. "It's a reminder of how divided the country is and how living in New York, where it's just a very progressive state, it's not representative. I was hoping the women vote would mobilize, I was hoping to see women vote. Where is the women vote? Where is the commonsense vote? The media is toying with us."

Why is this going Trump's way Tuesday

"Whether it's Clinton or Trump, I want to see that person bring 100,000 Muslims, African-Americans, Hispanics, Jews, everybody, to Central Park to plant seeds of hope, and weed out hate."

Mark Daniel

was the question of the night.

"Clearly the people want a change and don't think Hillary represents them," said Dawn Trautman, an actor and life coach.

Throughout much of the campaign, Clinton held anywhere from a slim to a sizable lead in most polls and seemed destined to cruise to victory.

But then FBI Director James Comey, 11 days

before the election, revealed the agency was revisiting their investigation into Clinton's handling of classified emails, after discovering a trove of emails in a computer used by disgraced former congressman Anthony Weiner, who was under a sexting investigation.

In the wake of that news, Clinton's poll numbers started to soften and only started to recover when Com-

ey on Sunday declared there was no evidence of wrongdoing.

Many voters nationwide said they just wanted the race to end.

"I'm getting tired of Trump running his mouth," said Robert Ryan, 69, who voted for Clinton in Philadelphia.

"He just picks on Hillary. He talks about her like a dog. Have some kind of respect! You don't talk about people like that," Ryan

said. "Darn near everything that came out of Donald Trump's mouth was a racist remark."

During his campaign, Trump promised to make Mexico pay for a wall to keep out illegal aliens, to establish tougher immigration rules that would largely keep out Muslims and had won the endorsements of white nationalists. He also sharply criticized trade deals that found a ready audience with blue-collar and rural voters who felt left behind by the economy.

After casting their ballots, voters throughout the nation looked to a future with a combination of hope and anxiety.

METRO STAFF WRITERS AMANDA MIKELBERG, SAM NEWHOUSE, KRISTIN TOUSSAINT, ALEXIS SACHDEV AND KIMBERLY AQUILINA CONTRIBUTED TO THIS REPORT.

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Woman denies fatal subway push

A Queens woman refuted claims during her arraignment that she had admitted to shoving a woman into the path of an oncoming train.



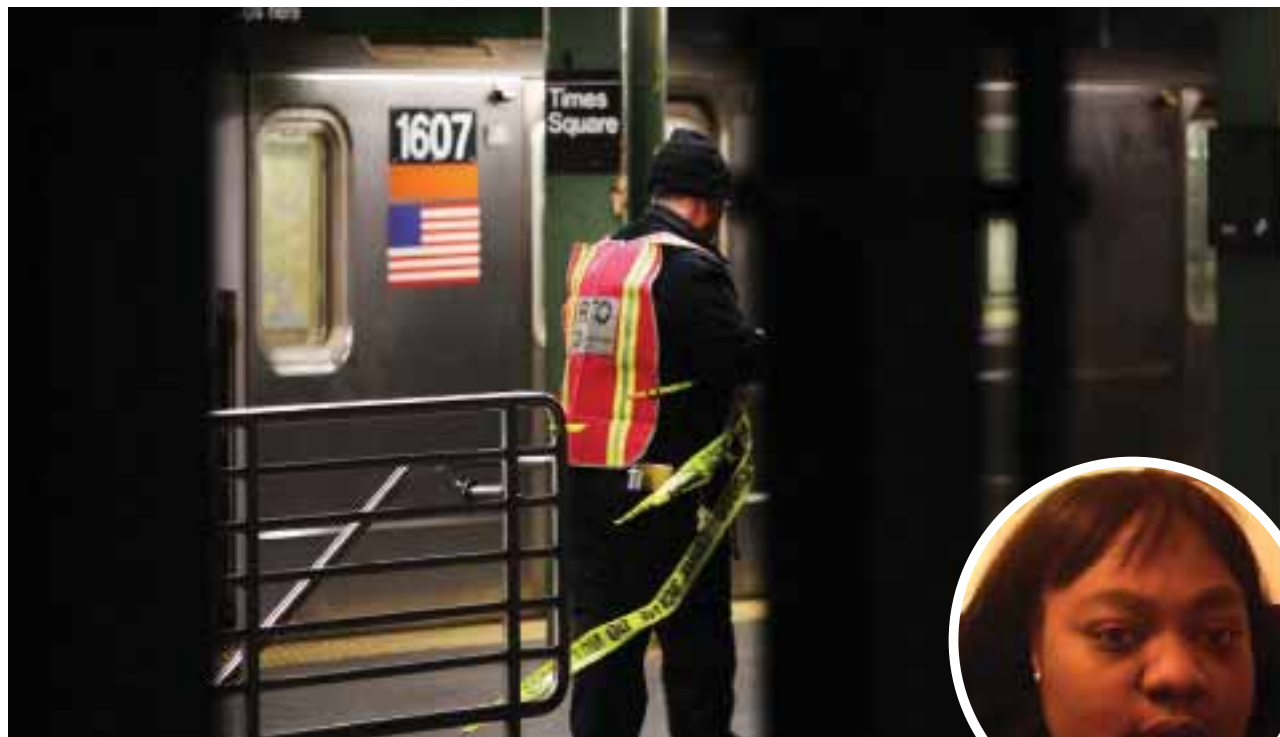
GARY KANE
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A woman charged with murder for allegedly shoving a person into the path of an oncoming subway train denied during her arraignment Tuesday that she had admitted to killing the victim.

Melanie Liverpool, who police have described as mentally disturbed, said during the court hearing that she "didn't admit" to committing the act, despite a prosecutor's assertion that she did, The Associated Press reported.

The 30-year-old Queens woman is accused of shoving an unsuspecting traveler off the subway platform on Monday afternoon at the Times Square station.

The victim, identified Tuesday as Connie Watton, 49, of Queens, tumbled onto the tracks as a southbound No. 1 train approached. She was killed instantly as



A subway worker removes police tape. GETTY IMAGES | Melanie Liverpool inset. FACEBOOK/A MELANIE LIVERPOOL-TURNER

bystanders watched in horror, police said.

Witnesses immediately alerted police officers, who apprehended Liverpool in the station.

Watton was standing on the platform when Liverpool, wearing a pink shirt and scarf, lunged at her, police said.

Investigators were reviewing surveillance video and interviewing witnesses to determine a motive, said William Aubry, the police department's chief of Manhattan detectives.

Many of those who saw the attack were visibly shaken. Some wit-

nesses said Watton and Liverpool were involved in a dispute before the fatal shove, Aubry said, but it was not immediately clear whether the women knew each other.

Liverpool's lawyer, Mathew Mari, said that he has little information on her medical his-

tory but that she worked as a home health aide until three weeks ago.

Dozens of people are hit by New York City subway trains each year, although most of the incidents are accidental, according to the Metropolitan Transportation

Authority, which operates the system.

Last year, a woman was convicted and sentenced to 24 years in prison for killing a man by pushing him into the path of an oncoming New York subway train in 2012.

BRIEFS

Eric Trump snaps illegal photo of election ballot

After he was unable to vote for his dad in April's primary because he was still a registered Democrat, Eric Trump committed another election faux pas.

In a since-deleted tweet, Trump took a picture of his ballot filled out in support of his father and Mike Pence and wrote, "It is an incredible honor to vote for my father! He will do such a great job for the U.S.A! #MakeAmericaGreatAgain"

Voters are not allowed to take photos inside polling stations, according to New York state law. It is also illegal in more than a dozen other states.

Such a crime in the Empire State could land Trump a \$1,000 fine or a year in jail. However, the constitutionality of the law has been challenged.

NIKKI M. MASCAU

Suspect charged in sucker-punch death

A Queens man who sucker-punched a 64-year-old pedestrian for allegedly bumping into his girlfriend nearly five months ago surrendered to police on Monday to face a homicide charge.

Mathew Smith, 42, is accused of striking Patrick Gorman in head and knocking him to the sidewalk just after midnight on June 26 at the intersection of Queens Boulevard and Main Street in the Briarwood neighborhood.

A surveillance video released by police shows Gorman struggling to get to his feet after the punch. Gorman was taken to Good Samaritan Hospital, then transferred to Jamaica Hospital where he died later that day.

Investigators suspect that Gorman bumped



Elena Makarova and her husband Mathew Smith were seen on surveillance video. NYPD

into Smith's wife, Elena Makarova, 39, and excused himself before being punched, the Daily News reported.

Hours after the incident, Smith allegedly wrote on Facebook, "I had to put my hands on somebody last night," as a status update.

Smith was charged with criminally negligent homicide and assault after surrendering at an

East New York police station, investigators said.

The city's medical examiner's office determined last week that Gorman died from a combination of the punch and a stroke.

There was no information available as to whether Smith had obtained a lawyer who could comment on the charges on his behalf.

GARY KANE



Take our daily news quiz to test your knowledge by going to www.metro.us/news-quiz to submit your answers.

1. What illegal act did Donald Trump's son Eric commit in a Manhattan voting booth on Election Day?
2. Which team is No. 3 in our NFL Power Rankings this week?
3. According to the Cheese Twins, what accessory do you need to assemble the perfect cheese platter?



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Images of Election Day in the United States

ALL PHOTOS BY GETTY IMAGES



Albertine Reid leaves the booth after voting at Dr. Martin Luther King Jr. Charter School For Science and Technology in the Lower Ninth Ward of New Orleans, Louisiana.



A Honda dealership in Detroit, Michigan.



Guy Edwards carries his ballot and skateboard at the Los Angeles Lifeguard station at Venice Beach, California.



People line up to vote in the 2016 election at the Boston Public Library in Boston.



Michael Regan, right, votes with his dog named Bean at Old First Reformed Church in Philadelphia.



Ranelle Taylor points to her sticker after voting at Santa Monica City Hall in Santa Monica, California.

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THURSDAY	11/10	8AM - 7PM
FRIDAY	11/11	8AM - 7PM
SATURDAY	11/12	10AM - 6PM
SUNDAY	11/13	10AM - 6PM

One dead, at least three wounded near California polling place

The suspect was believed to be holed up in the vicinity, the Los Angeles County Sheriff's Department said.

One person was killed and at least three wounded in gunfire on Tuesday near a polling station in the Southern California town of Azusa, prompting authorities to lock down the polling place, a surrounding park and adjacent schools, police said.

There was no immediate indication that the incident was related to Election Day or the polling station, said Deputy Vincent Plair, a spokesman for sheriff's department.

But the Los Angeles

County Registrar and Recorder's office issued a Twitter advisory urging voters to avoid the area around two polling locations, one in Memorial Park and one in Dalton Elementary School, and to cast their ballots at alternate polling sites. Nearby Slauson Middle School was also placed on lockdown.

A dispatcher answering phones at a nearby fire station that also was serving as a polling place said that location remained opened to voters.

Law enforcement officers came under fire and were initially pinned down as they arrived on the scene, about 25 miles northeast of Los Angeles, according to accounts from Azusa police and the Los Angeles County Sheriff's Office.



Police vehicles respond to the shooting scene. MARCO SOTO/TWITTER

Police initially said two to three people, all civilians, were struck by gunfire around 2 p.m. local time (2200 GMT), though their conditions were not immediately

known. A sheriff's sergeant said later that four people had been wounded.

The Azusa Police Department subsequently posted a Twitter mes-

sage saying that one person had been killed, two were taken to hospitals in critical condition and there was "one additional down near primary residence." REUTERS

BRIEF

Energy Transfer says not slowing construction of North Dakota pipeline

Energy Transfer Partners LP on Tuesday said it was not slowing down construction of an oil pipeline in North Dakota that is contested by environmentalists and Native Americans groups.

The owners of the Dakota Access Pipeline on Tuesday said it was moving equipment to prepare for tunneling under Lake Oahe, the water source that has been a focus of protests, even as federal regulators have not given a go-ahead signal that the line will be able to proceed.

Army Corps spokesman Thomas O'Hara told Bloomberg News on Monday that the company had agreed to slow down construction, a statement Energy Transfer refuted.

"The statement released last night by the Army Corps was a mistake and the Army Corps intends to rescind it," Energy Transfer said in a statement released on Tuesday. "To be clear, Dakota Access Pipeline has not voluntarily agreed to halt construction of the pipeline in North Dakota."

The Army Corps of Engineers did not immediately respond to a request for comment. REUTERS



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A legal observer with the ACLU of Nevada stands at the entrance to the polling location at Jim Bridger Middle School as voters arrive to cast their ballots in North Las Vegas on Election Day. GETTY IMAGES

Nevada judge rejects Trump request for order over early voting

The suit had asked the court to order officials to preserve various records from the Cardenas Market and to segregate ballots from the voting machines at issue.

A Nevada judge on Tuesday rejected Republican presidential candidate Donald Trump's request for records from a Las Vegas polling place that the campaign said had allowed people to vote after a deadline last week.

Nevada state law says voters who are in line at 8 p.m., when the polls close, must be allowed to cast their ballots. Trump's lawsuit, filed in a Nevada state court on Monday, said election officials violated state law because they allowed people to join the line after 8 p.m. at a polling location at a Latino market during last week's early voting period.

Trump, a New York businessman and reality TV personality who had never previously run for political office, said last month that he might not accept the outcome of the national election if he thinks it is unfair.

"Today may be the last time that ordinary citizens are able to stand up and say no to an overreaching, unaccountable government controlled by a ruling establishment," Charles Munoz, the Nevada state director for Trump's campaign, said in a statement after the

ruling.

The suit had asked the court to order officials to preserve various records from the Cardenas Market and to segregate ballots from the voting machines at issue.

At a court hearing in Las Vegas on Tuesday, a county attorney argued that election officials already preserve records. Sturman agreed, saying she did not want to issue an order that could help reveal which candidates were chosen by particular voters.

The Trump campaign also asked for information about poll workers on duty at the market, and Sturman said she was concerned they might face threats for helping people vote. "Have you watched Twitter? Do you watch any cable news shows? People can get information and harass them," the judge said.

Clinton spokesman Glen Caplin said the campaign was pleased by the ruling. He described Trump's suit as "a desperate response to the record turnout we're seeing in Nevada and across the country."

Dan Kulin, a spokesman for the Clark County Office of Public Communications, said that when early voting was taking place on Friday "most if not all" polling places had lines at the time they were scheduled to close.

"As has been our practice for many, many years, those early voting locations continued processing voters until the lines were gone," Kulin said.

REUTERS

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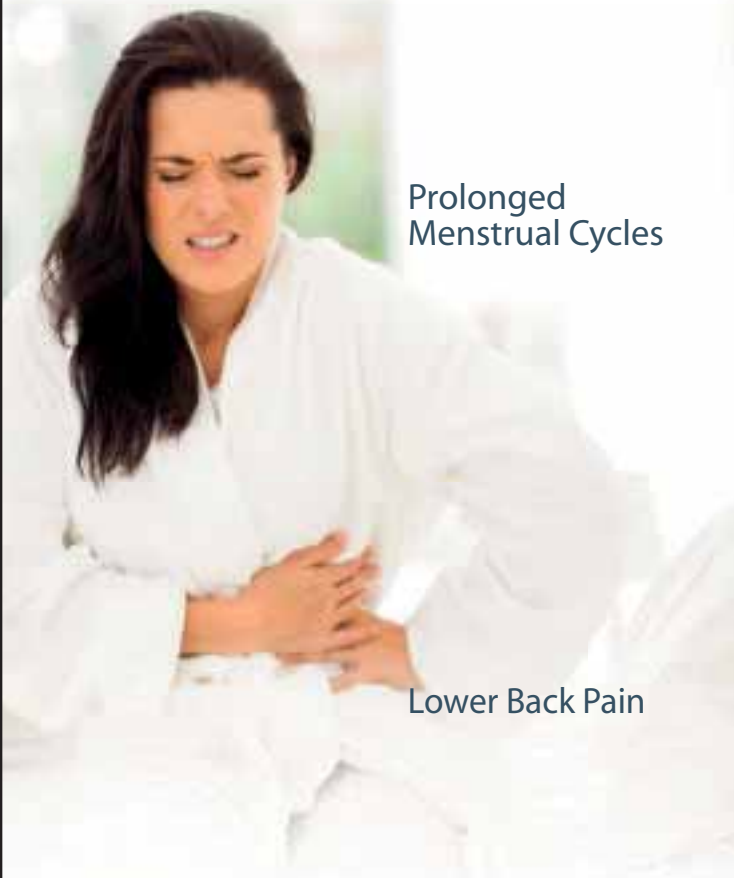
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SC church shooter's trial delayed over competency issue

U.S. District Judge Richard Gergel also postponed jury selection from this week until Nov. 21 to allow time for the competency issue to be settled.



Dylann Roof LEXINGTON COUNTY SHERIFF'S DEPARTMENT VIA GETTY IMAGES

A federal judge on Tuesday said he had ordered an evaluation into whether accused white supremacist Dylan Roof was competent to stand trial for the fatal shootings of nine people at a historic black church in Charleston, South Carolina, last year.

"The Court is mindful that this delay in jury selection may be disappointing to some, but it is the Court's duty to conduct a fair trial and follow procedures which protect the legal rights of the defendant," Gergel said in a one-page order.

Gergel said he would rule on the competency of the 22-year-old Roof to stand trial by Nov. 18, following a hearing on the matter.

Roof's lead defense attorney, David Bruck, declined to comment in an email to Reuters. Federal prosecutors and a lawyer for Roof's family could not immediately be reached.

The final stage of jury selection had been set to begin on Monday at the U.S. courthouse in Charleston. But Gergel unexpectedly halted proceedings to hold a closed-door hearing with Roof and his lawyers.

Roof, who is accused of holding white supremacist views, faces 33 federal counts of hate crimes, obstruction of religion and using a firearm in a violent crime after he opened fire during a Bible study session at Emanuel

African Methodist Episcopal Church in June 2015.

Federal prosecutors are seeking the death penalty. Roof has offered to plead guilty if that potential punishment was dropped, court filings show.

He also faces the death sentence in a state murder trial scheduled for next year.

Prosecutors say Roof planned the attack for months, singling out victims who were black and elderly. At the federal trial, they plan to present racist manifestos they say he wrote seeking to incite a race war. **REUTERS**

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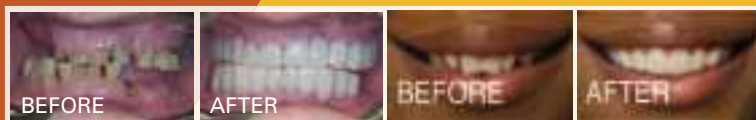
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14 **NEWS**

Former US intelligence official sentenced to prison for child porn

A former U.S. intelligence official was sentenced on Tuesday to 20 years in prison for producing child pornography following his guilty plea to the charge in August, prosecutors said on Tuesday.

Army Lt. Col. Steven Frederiksen, 42, of Stafford, Virginia, was also sentenced in U.S. District Court to 20 years of supervised release for luring four girls ages 14 to 17 into producing pornography through social media and messaging applications on his government-issued computer, the U.S. Attorney's Office for the Eastern District of Virginia said in a statement.

Frederiksen, an employee of the Defense



Intelligence Agency, tried to do the same thing with two other underage girls. He also possessed more images of child pornography and swapped child pornography with people online, the statement said.

Frederiksen pleaded guilty in August to producing child pornography and attempted coercion and enticement of a minor. He is a graduate of the West Point U.S. Military Academy, holds a master's degree in nuclear physics and is the father of three children. **REUTERS**

BRIEF

Ireland to formally submit appeal on Apple case this week

Ireland's government will this week formally submit its appeal against the European Commission's multibillion-euro demand for back taxes from Apple, Finance Minister Michael Noonan said on Tuesday.

Ireland's cabinet agreed in September to join the iPhone maker in appealing the Commission's order that the U.S. tech giant pay up to 13 billion euros to Dublin after ruling the firm had received illegal state aid.

Dublin is seeking to protect a tax regime that has attracted many multinational employers. The European Commission decision has also angered



Washington, which accuses it of trying to grab tax revenue that should go to the United States.

"The government fundamentally disagrees with the European Commission's analysis and the decision left no choice but to take an appeal to the European Courts and this will be submitted tomorrow," Noonan told a European Parliament committee in Brussels. **REUTERS**

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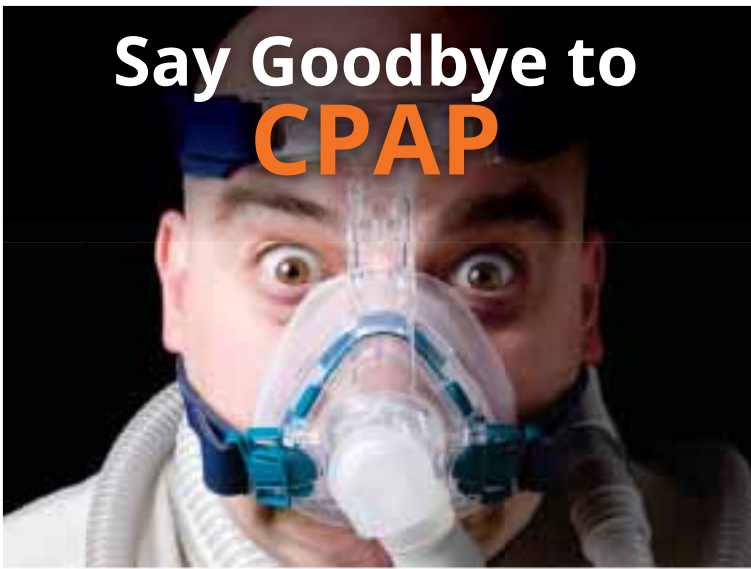
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India abolishes larger banknotes in fight against graft, 'black money'

The surprise move was designed to bring billions of dollars worth of cash in unaccounted wealth into the mainstream economy, as well as hit the finances of militants who target India and are suspected of using fake 500 rupee notes to fund operations.

Indian Prime Minister Narendra Modi on Tuesday announced that 500 and 1,000 rupee banknotes would be withdrawn from circulation at midnight to crack down on rampant corruption and counterfeit currency.

"Black money and corruption are the biggest obstacles in eradicating



An Indian man holds a 1000 rupee note. GETTY IMAGES

poverty," Modi said in a hastily convened address to the nation after a cabinet meeting.

Nearly 40 percent of India's economy is driven by small- and medium-sized enterprises that largely run on cash transactions. Economists said the move could impact these businesses, and in turn have a knock-on effect on economic growth.

There was concern among members of the public about changing larger denomination banknotes for new ones once they expired.

Around a dozen people lined up to use an ICICI cash deposit machine in suburban Mumbai soon after the announcement, trying to deposit bundles of 500 and 1,000 rupee notes.

The machine stopped working after 10 minutes. Only two customers managed to deposit their money, and a security guard informed the rest that the cash dispenser has reached its limit and would not accept any more.

Delhi taxi driver Anu Choudhury said his boss called to say he should not accept 500 or 1,000 rupee notes from customers.

Modi's ruling Bharatiya Janata Party came into

power in 2014 promising to bring black market money into the regular financial system, but critics said it had failed, with government data showing the cash economy outpacing the formal economy.

A report by Washington, D.C.-based think tank Global Financial Integrity estimated that India lost \$344 billion in illicit fund outflows between 2002 and 2011.

The finance ministry said India would introduce new banknotes of 500 and 2,000 rupees from Nov. 10. The old notes can be deposited in banks and post offices from Nov. 10 to Dec. 30. All cash machines will be closed on Wednesday and Thursday.

The head of the Reserve Bank of India, Urjit Patel, said he saw no impact on liquidity in the wholesale market and that the bank had ramped up production of the new series of notes over the last few months.

Modi said militants operating against India were using fake versions of the 500 rupee note, worth about \$7.50 at current exchange rates.

"Terrorism is a frightening thing ... But have you ever thought about how these terrorists get their money? Enemies from across the border have run their operations using fake currency notes. This has been going on for years," Modi said.

India accuses its neighbor Pakistan of harboring militants who have launched attacks on its troops, particularly in the disputed Himalayan region of Kashmir which both countries claim. Pakistan denies the accusations. REUTERS

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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By **NY Pain MD**

NY Pain MD is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other joint arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1

Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that, here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make *natural* synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at **NY Pain MD** use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why **NY Pain MD** takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at **NY Pain MD** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at **NY Pain MD** have found that earlier you start viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why **NY Pain MD** is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results, you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Knee Arthritis Sufferers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indicate some patients may get years of relief in some cases. "RF neurotomy (radio frequency treatment) of genicular nerves leads to

significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

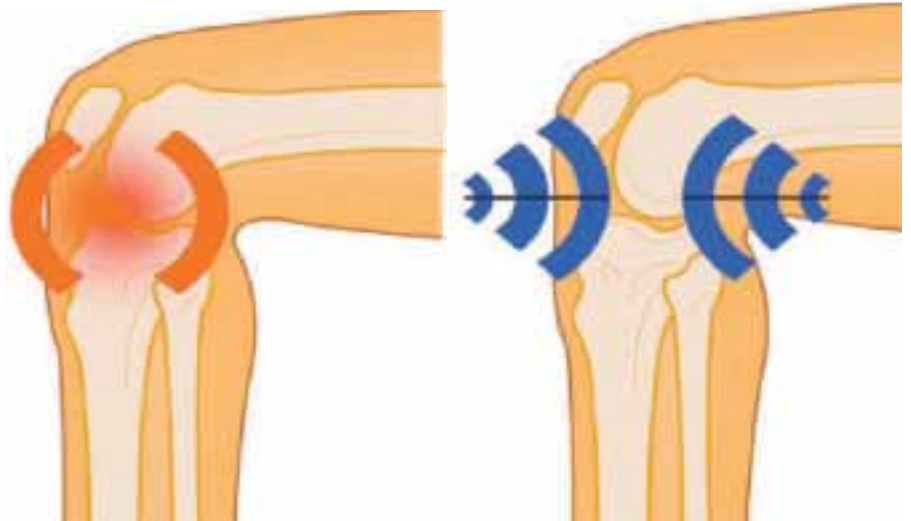
The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

Advanced Treatment Uses Medical Radio Frequencies Waves To Relieve Pain



Science rescues knee arthritis sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

NY Pain MD believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at **NY Pain MD**

If you would like a complimentary screening, just call 855-456-PAIN [7246] and tell the scheduling coordinator "I would like a complimentary knee arthritis screening." The screenings fill up fast every month. If you do not call in time to get one this month, the scheduling coordinators will get you appointed for next month

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BRIEF

U.S. justices could allow Miami to sue banks over lending bias

The Supreme Court on Tuesday indicated it could allow the city of Miami to pursue lawsuits accusing major banks of predatory mortgage lending to black and Hispanic home buyers resulting in loan defaults that drove down city tax revenues and property values.

The eight justices heard arguments in appeals filed by Bank of America Corp. and Wells Fargo

& Co. challenging a lower court's decision to permit the lawsuits by the Florida city against the banks. The cases were filed under the Fair Housing Act, a federal law outlawing discrimination in housing.

In September 2015, the Atlanta-based 11th U.S. Circuit Court of Appeals overturned a lower court's decision to dismiss such lawsuits by the city against Bank of America, Wells Fargo and Citigroup Inc. Citigroup decided

not to appeal to the Supreme Court. If the court splits 4-4, the 11th Circuit ruling would stand and Miami would prevail, but no national precedent would be set.

Based on the questions asked by the justices, it appeared unlikely the banks would gain the five votes needed to win the case outright. But it was possible that a ruling for Miami could allow the lawsuits to move forward while narrowing the scope of the cases and potentially lowering

the amount of damages the city could win.

Chief Justice John Roberts seemed most skeptical of the city's lawsuit, at one point questioning whether a loss of property taxes could count as a direct injury that could give rise to a lawsuit. Roberts said the city's alleged injuries are "derivative of the injury to the homeowners who had the subprime mortgages and who suffered the foreclosure and so on." REUTERS



The Pulse Nightclub on June 21, 2016, in Orlando, Florida. GETTY IMAGES

Orlando could make Pulse club a memorial to massacre victims

The city of Orlando, Florida, may buy the Pulse nightclub where 49 people were killed in June, and officials hope to turn it into a memorial to the victims of the deadliest mass shooting in modern U.S. history, the city's mayor said on Tuesday.

Members of Orlando's City Council are due to vote on Monday on whether to approve an agreement between the city and Pulse's owner to purchase the dance club for \$2.25 million.

"This location is now a permanent part of Orlando's history. It's the site of the most tragic event that has ever occurred in the city," Orlando Mayor Buddy Dyer said in a statement.

"With the city owning the property, we can engage in a public process to determine the future of the Pulse property and building,"

Dyer said.

Omar Mateen, a 29-year-old claiming allegiance to the Islamic State militant group, opened fire inside Pulse on June 12 before being killed by police after a three-hour standoff. Fifty-three people were also wounded.

If the council votes to approve the purchase, city officials will begin assessing their options before the sale closes on Dec. 30, according to Dyer's statement.

Dyer said in a separate video posted on the city's website on Tuesday that local officials do not know yet exactly what type of memorial will be created.

"We do know we want to maintain it as is for a period of time, 12 to 18 months, so that people from around the country and world who want to visit the site can do so," Dyer said.

REUTERS

"With the city owning the property, we can engage in a public process to determine the future of the Pulse property and building."

Mayor Dyer

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Prince Harry defends Meghan Markle

If you had any doubts about Prince Harry and Meghan Markle dating, you can put them to rest. It's official ... formal-statement-released-by-the-communications-secretary-of-Prince-Harry official. Unfortunately, confirmation of his and Meghan's relationship came in the form of a plea to British media outlets to give the 35-year-old actress a break.

The couple have been dating since June, and Prince Harry went to visit her in Toronto last month. But in the uncharacteristic statement, Prince Harry says his new boo "has been subject to a wave of abuse and harassment."

According to the price coverage of Meghan, who is half-African-American, has been laced with



ALL PHOTOS GETTY IMAGES

"racial undertones" in addition to "outright sexism and racism" on social media. Meghan's friends, family and coworkers have also been targets of the media storm. Harry wants the press to "pause and reflect before any further damage is done."

While Prince Harry is on a full-out mission to defend his girlfriend, we can't even get a text back.

the word

SESALI BOWEN
sesali.bowen@metro.us

Is Brangelina's custody battle over?

Ever since the couple formerly known as Brangelina filed for divorce in September, there hasn't been a mug big enough to hold all of the tea that has come forth surrounding the Hollywood power couple. With child-abuse allegations against Brad Pitt, mandatory drug tests and the ongoing custody battle de-



tails, it's honestly been hard to keep up with all the information.

We've sorted through this mess and looked to the most reliable source, TMZ, of course, to get our facts straight. Some people seem to think Brad and Angelina have reached a custody settlement — but this isn't true. While Angelina wants full custody

of the kids, Brad filed for joint physical and legal custody Friday. In the meantime, a temporary arrangement that grants Angelina primary custody and Brad monitored visitation has been extended while they figure it out.

Apparently there are some problems money can't fix. Not sure if that makes us feel better or worse.

Kylie Jenner is opening Kylie Cosmetics 'soon'

Kylie Jenner's makeup game is always on point, but getting her look has been almost impossible.

Her online-only Kylie Cosmetics brand has been a huge success since launching in 2015, especially her famous lip liner/lipstick duo Lip Kits that sell out immediately. One time they even broke the internet, and not in a good way, after her site accidentally leaked customers' information.

Kylie is trying to cut down on these technological hiccups by opening her first Kylie Cosmetics store. She was scouting locations this summer and seems to have settled on one, according to her latest Instagram snaps showing a team doing some serious planning in an unfinished space.

There are no details yet about where it will be or an opening date, but you'll want to start your Black Friday full-contact-shopping training early to have a chance at a real-life Lip Kit.



Taylor Swift throws Lorde a bday bash



INSTAGRAM/@LORDEMUSIC

Lorde has officially kissed her teens goodbye. The "Royals" singer turned 20 on Monday and shared an intimate message on her Facebook about what

this important birthday means to her. "If I'm being real with myself, in some ways I stopped feeling like a teenager a while ago... Some time in the last year or so,

part of me crossed over."

But her good friend Taylor Swift made sure she crossed over in style, throwing the native New Zealander an intimate party at ZZ's Clam Bar in New York City, according to TMZ. Lena Dunham, Karlie Kloss and Aziz Ansari were also in attendance for the festivities. Tay-Tay posted a cute birthday message to Lorde, real name Ella Marija Lani Yelich-O'Connor, before they both flooded Instagram with snaps of the festivities. We're not jealous or anything.



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The American way

The Naked and Famous are making it personal.



RACHEL RACZKA
@rachelraczka
rachel.raczka@metro.us

Between The Naked and Famous' 2010 runaway hit "Passive Me, Aggressive You" and 2013's "In Rolling Waves," the New Zealand synth-pop band found themselves permanently relocated to America, attempting to keep up with their success. Amid a breather, the now L.A.-based electronic group eventually hit a turning point, following the amicable breakup of guitarist/vocalist/producer Thom Powers and vocalist Alisa Xayalith, who had been dating the eight years prior. The result is the twinkling synth-heavy "Simple Forms," their intimately revealing third studio release that dropped in October from Somewhat Damaged. Powers calls from the road to discuss their California transition and how the band prepared to discuss the very personal topics on the record.

You've been in the states for a while now. Are you still identifying as being a New Zealand band?

We moved here in 2012, and being an American band is exciting for us, but it's funny



The Naked and Famous began to work on "Simple Forms" in 2015 in L.A.
SAMANTHA WEST

because I like being an alien. Like a New Zealander in America. I like being removed culturally.

Is there a difference between being a New Zealand band versus an American one?

We have this thing [in New Zealand] called tall poppy syndrome. Poppies grow in a uniform line — and if one of them rises up among the rest, you have to chop them down. It's a New Zealand/Australian thing, and I think the English have it a bit as well. Anyone who is successful gets torn down quickly. The belief in yourself as an artist isn't a trait, as a culture. We're self-deprecating and our culture supports that. So

maybe being an American band is exciting for us.

You've been quiet on your personal lives before now,

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but given the experience's influence on the release, it puts you and Alisa's former romance in the clear for questioning, in a way. Has that been difficult?

We sat down and had a good conversation before we did the album. We had been very private up until this point, and The Naked and Famous was almost aggressively against anything personal being on the table. This is different for us, and it's refreshing. We don't speak about each other in a way that's other than admiration and stability. Clearly something this personal feels like a sacred topic, but here we are, and we're OK. It's definitely difficult. I hope people see it as something quite constructive.



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Caity Lotz returns with the second season of 'Legends of Tomorrow'

The actress' martial arts training has come in handy.

TANIA M. MORENO
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Caity Lotz, who plays Sara Lance, aka Black Canary, in DC's "Legends of Tomorrow," chatted about her physical preparation to develop the character and what surprises await us in this second season of the series, which premiered Oct. 13 and airs every Thursday at 8 p.m. on the CW.

Your character has many action scenes. How intense was training for the fights?

I had been training in Filipino martial arts since before the program; thanks to that, it is much easier for me when they teach me the choreography, because I say, "OK, I know how to do this." Together we can learn



Caity Lotz in "Legends of Tomorrow"
WARNER CHANNEL

annoying, because compared to them, we are like a group of rejects; we are definitely not like them.

What is going through Sara's mind at the beginning of the second season?

The death duel continues in this new season; Sara has not yet overcome it. I do not know how long it is going to last, but I really want it to be a driving force to continue throughout the season.

At the end of last season, Sara also became very close to Leonard Snart (Captain Cold, played by Wentworth Miller). Will she also feel that loss?
Yes, everyone she loves dies. We have not dealt with that yet. Sara and Snart were my favorite, and I was very sad that it had to end. I miss that relationship and feel that they were a very interesting couple.

Did you know that their relationship was going to develop that way when you started working on the show?
No, it's something that happened organically

between Wentworth and I. I remember him saying, "I'm going to relax and be very flirty, if that's OK with you," and I said, "Sure, OK." Then he started playing with cards during the scene and we both said "OK, we're going to sit on the floor and play gin," and everyone else said, "OK, OK." I think that's why people liked it, because it was something that grew naturally and unforced. The writers did not say, "You have to do this." It just happened, and it was very real.

Is there any chance that Captain Cold will return to "Legends of Tomorrow"?

I mean, after all, it is a show that travels through time. ... I hope that happens. I know they announced that Wentworth will return in some way, so I would like to see more of them together. They are a very interesting combination, so I would love to see more scenes of them together. Yes, it would be fun.

Do you know anything about the possibility of Sara having a girlfriend in Season 2?

So far, Sara is being a bit of a Casanova. I think it's fair to say that she has a little romance in her life, but I do not know how deep it is.

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New on Netflix

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"BOB ROBERTS"



"Bob Roberts" PROVIDED

To the list of monstrous movie politicians who now seem desirable compared to Trump, add the conservative singer-turned-politician of Tim Robbins' directorial debut. In 1992, it was the stuff of crazy fiction: A mockumentary that trailed a famous face who got a bug up his butt and decided to run for office. He exploited populist fears, embellished the country's hardships. He even hosted a "Saturday Night Live" stand-in. He played dirty and poisoned the public discourse. And we all thought it was too ridiculous to happen for real.

"GROSSE POINTE BLANK"

John Cusack has a bit part in "Bob Roberts." But for some pure, uncut Cusack, turn to one of his finest hours. Cusack plays a hitman who returns home for his high school reunion. Looser and funkier than most post-Tarantino jobs, it also contains one of the great romantic pair-ups of the '90s: John Cusack and Minnie Driver, the latter as the high school sweetheart whose heart he broke. Feisty and alert, Driver all but steals the show, and in a film in which even Dan Aykroyd is great.



"Grosse Pointe Blank"
UNIVERSAL PICTURES

"BLACK BOOK"



Paul Verhoeven's "Black Book."
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It's a tragedy that "Elle," the forthcoming Isabelle Huppert film, is the first feature in a decade by Dutch provocateur (and sometime Hollywood saboteur) Paul Verhoeven. The director of vulgar masterpieces like "RoboCop" and (yes) "Showgirls" was last seen with World War II romp done his way. "Game of Thrones" Carice van Houten plays a Resistance spy who infiltrates a Nazi ring, only to fall for one of their higher-ups. It's sharp and nasty and dirty — pure Verhoeven.

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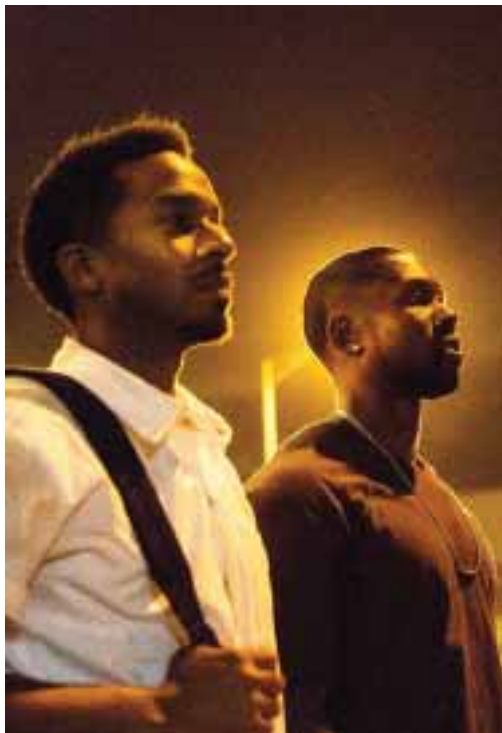
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Showing what films rarely show



In "Moonlight," now in theaters, Andre Holland, left, appears in the third part, playing an old acquaintance of our troubled lead character (Trevante Rhodes).
DAVID BORNFRIND, A24

Andre Holland of "Moonlight" says we too rarely see black people thinking in movies.



MATT PRIGGE
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On Steven Soderbergh's show "The Knick," Andre Holland gave a star-making performance: He played Dr. Algernon Edwards, a brilliant black surgeon who fights racism in the early 1900s. Sure enough, he's equally excellent in a small but crucial role in "Moonlight." Unfolding over three time periods, Barry Jenkins' acclaimed drama follows Chiron, a black boy from a low-income Miami neighborhood who grows into a hard adult. Holland pops up in the last part, playing Kevin, Chiron's old friend, with whom he had an intimate experience as a teen. They reunite over a long tense yet hopeful scene.

It's not common enough to see these exact two people on movie screens.

It's rare that you get to see black people on-screen thinking. [Laughs] Just thinking, having a psychological experience. Usually it's the friend of the guy or he tells you where the star went. "Hey, guys, Tom Cruise went that way!" [Laughs] But in this movie, the camera just sits with these guys, thinking their way through a situation, feeling their way through it. That humanizes them.

There's a lot of complexity to Kevin, especially considering how much he changes over the film.

He's so complicated. I kept thinking, "What is he trying to do? What is it that he wants?" For an actor, that's the question you have to know. What I like about him is he understands so much; he's come to understand a lot. Particularly this idea of masculinity. He's

performing what it is to be a man: sleeping with a lot of women, talking a lot of s—, being a tough guy. Somewhere between story two and story three, he's changed entirely. He's no longer doing that. He's become a father. He acknowledges—

es that there's something unfinished between he and Chiron. And he has the courage to pick up the phone and make the call. Especially for a black man, where he grew up, to come to that understanding is pretty fascinating.



That seems rare for anyone.

In my own life, I don't have many examples of people who've been able to do that. You get an idea of who you are, especially if you don't have a father to show you what it is to be a man. You get that idea and you stick with it. It becomes about survival. That's what happened between these two kids. Chiron retreats inside himself. He wears

his mask, he puts in his teeth, his bulked up his body — all these things to protect him. On the other side you have Kevin, who puts on this air of "I'm cool, everything is good, I don't have any problems." But they're both doing the same thing: trying to avoid dealing with the thing itself.

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LOVE WHERE YOU LIVE

How to assemble the perfect cheese platter this holiday season

"Great Food Truck Race" winners the "Cheese Twins" share their secrets to holiday entertaining.

KATE MOONEY
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kate.mooney@metro.us

Charlie and Michael Kalish, aka the Cheese Twins, are a cheese-and-wine power couple.

The 34-year-old gourmands grew up near Sonoma County, California, where they worked in vineyards and cheese shops, but pursued different paths to cheese connoisseurdom.

After college, Michael, who started out working in commercial beekeeping, got an opportunity to study

cheesemaking in France for three months. Then he "missed his flight" home and stayed for four years, learning the trade throughout Europe. Meanwhile, Charlie, at the time an aspiring English professor on a Fulbright scholarship studying the playwright Henrik Ibsen in Norway, ended up joining Michael in France, where he was managing an under-

ground

cheese-aging facility.

Since joining forces, the identical twins have gone on to become finalists on "Chopped" and even win Season 7 of "The Great Food Truck Race." Now, the California-based twosome travel around the country tasting and talking cheese and wine. Not a bad gig.

The Kalishes, brand ambassadors of Meiomì wine, stopped by our offices with vino and a bevy of artisanal cheeses to show us the secrets to holiday entertaining.

Presentation

For cheese laymen like you and me, "serving" a cheese plate at a gathering consists of unwrapping the cheeses and placing them on a cheese board with a knife, so that everyone can help themselves.

But doing it that way, Michael says, often leads

to a sticky mess. "When you invite people over for cheese, you learn things about them," he jokes.

Instead, make your cheese party mobile by creating cheese "vehicles," as the Kalishes call them. For example, spread blue cheese on a fig or a cracker, or a piece of bread, which folks can "grab and go," and then mingle. It encourages socializing—and eliminates the mess.

Must have tool: the cheese harp

Despite its name, a cheese harp is not something you play to serenade your guests. It's a practical tool that saves you the mess of slicing through, say, a wedge of crumbly blue cheese that inevitably falls apart, or a creamy goat that will muck up your knife.

A cheese harp has a thin, stainless-steel wire allowing for a clean, precise slice-through.

And most important: "You don't lose any cheese on the knife," Michael says.

The tool also helps avoid the aforementioned mess of the cheese board. Typically, if you put out a cheese round with a knife, guests will scoop out the insides until there's nothing left but the rind. "It gets really ugly, fast," Charlie says.

Instead, use the cheese harp to slice the round into 'pizza slices' for your guests to pull away.

What to serve

The standard quantity is an ounce per person if you're doing up to four cheeses. Three different kinds of cheeses is plenty. If you want to dazzle a crowd, go with six. Anything above that, and people forget and it becomes "just cheese on a plate," they say.

Aim for variety. "You don't want to have all stinky cheeses," says Charlie. According to the Twins, there are roughly six cheese families: fresh cheese (queso fresco or a farmer's cheese), soft ripened cheeses (Camembert), goat or sheep's milk cheeses, washed-rind cheeses with more funk, alpine hard cheeses and blue cheeses.

The key is to arrange the cheeses from mild to bold. The stronger flavored cheese will linger in your mouth, and you don't want it to dominate.

Keep it at room temperature

A common mistake is

Play with wine and cheese pairings

For the Kalishes, a go-to pairing is a Meiomì Chardonnay with a fudgy, luscious St. Stephen triple cream from Four Fat Fowl creamery (located upstate). The acidity of the wine's green-apple notes cuts through the rich, buttery texture of the cheese. On the red side, they'll do the Meiomì Pinot Noir, a party-pleasing, jammy red, with a nutty, earthy cheese, like the Manchester, a rustic goat cheese tome from Vermont's Bardwell Farm. But it's up to you to experiment and see what matches you like.

"We're identical twins, and we're cheese experts, and we have roughly the same history and yet we still have different preferences," they say. "The cheese world is trying to fight [their reputation] of being snobby. We don't see it as snobby. Whatever works, works."

serving your cheese cold, which will hinder the aromas and flavors, say the experts. Let the cheese sit out at least a half hour before serving to get it up to room temperature.



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Inside Look: 4 Manhattan apartments for \$500K or less

You can still own a nice piece of NYC real estate without spending millions.



CRISTABELLE TUMOLA
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There's a reason New York is a town of renters. Sky-high sale prices make it difficult to break into the market, but if you are looking to invest in local real estate, what can you get for a lower amount?

In NYC, especially its most coveted neighborhoods, that means \$500,000 or under. Here are four Manhattan apartments that fit the bill:

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This Midtown West studio is advertised as the perfect starter home. Located in a full-time doorman, elevator building, potential owners face a flexible co-op board that allows guarantors, co-purchasing, subletting after a year of ownership and pets.

95 Park Terrace East, 2D

\$400,000

For more space for less, try this Inwood prewar

co-op. Apartment details include a sunken living room, entry foyer and windows in every room. The massive bedroom also features refinished original oak strip flooring and a built-in bookcase.

200 W. 20th St., 314

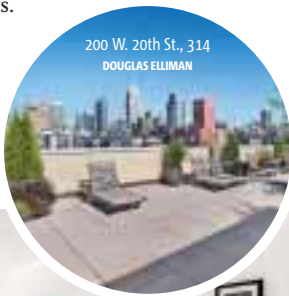
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Though this Chelsea home may just be a studio, it's in a doorman building on a prime block. There are hardwood floors and a windowed kitchen and bath. The building also offers a finished roof deck and laundry room, and is pet-friendly.

210 E. 15th St., 11J

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This move-in-ready studio promises plenty of space with a separate kitchen and ample storage — including two closets and a walk-in foyer closet. The unit is inside a post-war co-op with full-service amenities including a 24-hour doorman, gym and recently redone roof deck.



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Possible changing of the guard in New York

Veteran Rashad Jennings has been woefully ineffective this season for the New York Giants, and his ineptitude has left the door open for rookie Paul Perkins. In the Giants' win over the Eagles on Sunday, each of the two backs received 11 carries, and Perkins was the (slightly) more productive of the two. Jennings is averaging a dismal 2.6 yards per carry, and it's looking more and more likely that the timeshare could shift in Perkins' favor in the very near future.

BILL DUBIEL

OPINION

Bill Dubiel is a fantasy football expert for Rotoballer.com.



Unsuspecting wide receiver is the go-to in Tennessee

Rishard Matthews has quietly become the top receiving option in Tennessee, and while that role has its limits in the run-heavy offense, it's impossible to deny that the 27-year-old now carries every-week flex appeal. He's scored five touchdowns in his last

five games, and has led all Titans wide receivers in targets in that time. With matchups against the porous Packers, Colts and Bears secondaries on deck, Matthews should be a top waiver wire add this week.

Jets veteran handicapped by uncertainty under center

While there is no denying how talented Brandon Marshall is, even the best wide receivers can't produce without a capable quarterback throwing them the ball. Unfortunately, Marshall has been incredibly underwhelming as a fantasy asset with Ryan Fitzpatrick playing some of the worst football of his career. It's going to be tough to trust Marshall as anything more than a WR3 as long as Fitzpatrick is starting, and Marshall's prospects would dip further if Bryce Petty were to take over as the starting QB.

NFL power rankings | by Luke Miller

No. 1

Patriots (7-1)



No bye week will threaten the Patriots hold on the top spot, but a visit from the Seahawks this Sunday night might. The two teams meet for the first time since the 2014 Super Bowl. At least the Pats won't have to consider the threat of Marshawn on the middle.



No. 4

Chiefs (6-2)



No Alex Smith, no Jamaal Charles, no Spencer Ware, no Jeremy Maclin, no Travis Kelce, no problem. That's a starting offense, minus the line, and it wasn't on the field for Kansas City Sunday. And they still won. This team knows how to do that, make no mistake.

No. 2

Cowboys (7-1)



Jerry Jones has said Tony Romo could be ready to go in Pittsburgh this week. Dak Prescott's play has insured that if Romo is ready to play, he's really ready to play. The Cowboys have rushed him back far too often and too early in the past. He provides insurance in case Prescott starts playing like a rookie.

No. 3

Raiders (7-2)



Yes, Oakland's losses are to the Chiefs and Falcons, and maybe this ranking is unfair. But the Raiders have been making statements since their loss to Kansas City. After 23 penalties almost cost them a game in which they thoroughly outclassed Tampa Bay, they committed less Sunday than Denver.

No. 5

Seahawks (5-2-1)



It's not just kickers Richard Sherman was taking out with zero qualms Monday, but hits on receivers are legal once the quarterback scrambles out of the pocket. It was good timing for Seattle's first win in three weeks, as they may meet their match when it comes to exploiting the rulebook in New England.

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GIANTS MAY LOOK TO PERKINS



Paul Perkins should see an increased workload soon. GETTY IMAGES

NFL sleepers of the week

Each week we will identify three players worth taking a shot on in deeper leagues.

Trevor Siemian, QB, Denver Broncos – The Saints defense allows an average of 300 yards per game to opposing quarterbacks. Siemian is a slam-dunk this week.

Rob Kelley, RB, Washington Redskins – Head coach Jay Gruden announced that it would be Rob Kelley receiving a majority of the carries and that Matt Jones would need to “earn his way back”.

Marqise Lee, WR, Jacksonville Jaguars – With Allen Hurns in the concussion protocol, Lee stands to see a huge uptick in targets this week.

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LOCATION

The study takes place at the Montefiore Clinical Research Center and Einstein's Division of Substance Abuse clinics, all of which are located in the Bronx.

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Please contact Hugo Bloise –adames
Telephone: 1-877-526-7890 Prompt #2
for further information. Icahn School of Medicine at Mount Sinai – Mount Sinai Heart

No. 6

Falcons (6-3)

With their win against Tampa Bay coming on a Thursday, the Falcons should be well-rested when they face the Eagles this week. They're catching their fellow Birds at the right time. The Eagles have won just one of their last five, and faced three straight opponents coming off byes.

No. 7

Broncos (6-3)

Yes, Denver's defense let Oakland set the tempo with the run game Sunday night, racking up over 200 yards on the ground. But it's a two way street, and Denver couldn't muster 40 rushing yards against the NFL's 21st ranked run defense. The offense is a problem in the Mile High City.

No. 8

Texans (5-3)

The Texans look for their first road win in about the best situation possible — in Jacksonville against the last place team in their division, who have just lost four straight. If Houston wants to put it all together and establish itself as a top ten team and the leader in their division, this is a game it can't lose.

No. 9

Vikings (6-3)

Norv Turner exiting the building didn't solve any problems for the Vikings, who dropped their third straight. It's hard to fault a defense that only let Matthew Stafford get to 16. But that sure didn't look like the secondary we've come to expect on Golden Tate's catch-and-run game winner.

No. 10

Giants (5-3)

The game against the Eagles was a reversal of Odell Beckham Jr.'s season thus far: the yards weren't aplenty, but the touchdowns piled up. That's a trade I'm sure the Giants would take. Going forward, they have to feel good they're the only team to beat the Cowboys this season.

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- 12 — Chargers (4-5)
- 13 — Packers (4-4)
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- 16 Teacup handles
- 17 Clay-target sport
- 18 Author -- Wiesel
- 19 Baroness Karen
- 20 Job recruiter
- 22 Marshes
- 23 Boundaries
- 24 Wish undone
- 26 Honda models
- 30 Reflects
- 34 Egggy desserts
- 35 Twining stem
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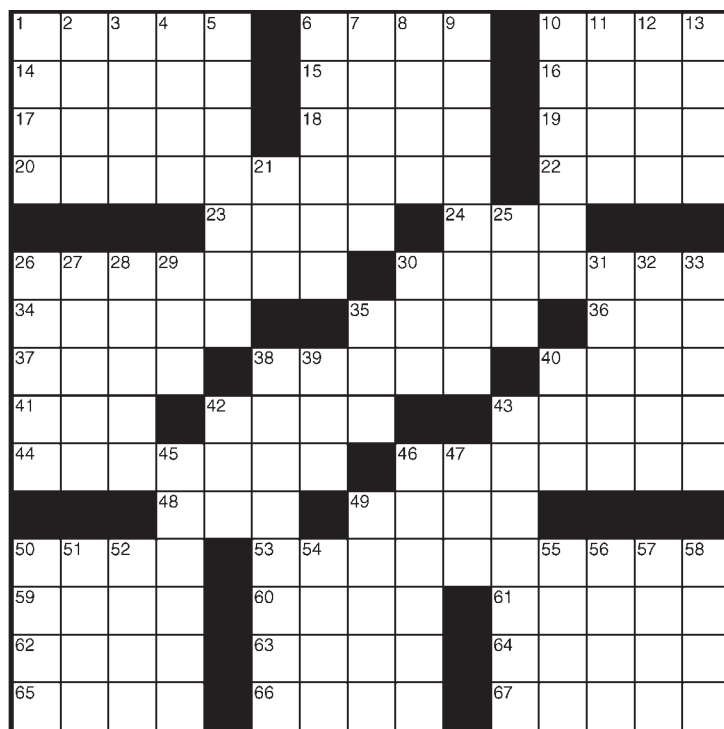
- 61 B, to a musician
- 62 Give the glad eye
- 63 Red-waxed cheese
- 64 Related to mom
- 65 Jungle crushers
- 66 Russo of "Get Shorty"
- 67 Long-gone birds

Down

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- 2 Long walk
- 3 On board ship
- 4 Cut and ran
- 5 Uses the hitching post
- 6 Corrects
- 7 Leather items

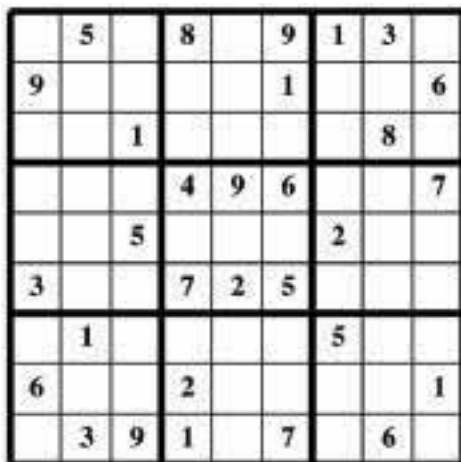
- 8 Camembert kin
- 9 Stating firmly
- 10 Young cow
- 11 Moderate
- 12 Ms. Drescher
- 13 Clucks
- 21 Sturm -- Drang
- 25 Mary of "Where Eagles Dare"
- 26 Bushy hairdos
- 27 Latch sound
- 28 Organ-pipes
- 29 Yoko --
- 30 Opposite of max
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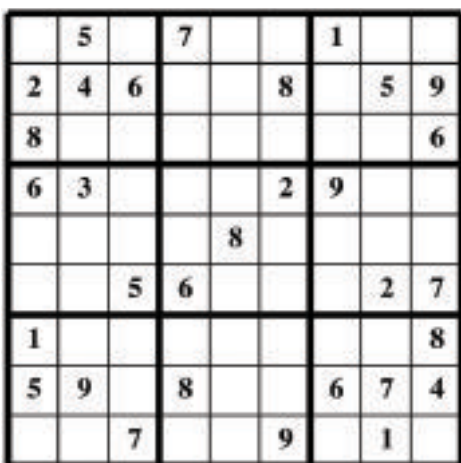


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Taurus A focus on compromise will encourage friendship and set the stage for open and honest communication. Share information and form alliances.



Gemini You need to take a breather. Give yourself a chance to discover what you want instead of following someone else's plan. Explore and broaden your horizons.



Cancer Share your thoughts. The more you engage in group efforts or one-on-one talks with someone you respect, the better equipped you will be to thrive.



Leo Getting involved in activities that allow you to show your strength and will change the way others view you. Opportunity will result if you meet with former colleagues.



Virgo A change at home may disgruntle you, but in the end, it will turn out in your favor. Patience, understanding and resolve will help you overcome a dilemma.



Libra Reach out to older friends or relatives. What you have to offer will be well received, and the wisdom and experience you gain in turn will be helpful.



Scorpio Your insight and experience will help you avoid being taken advantage of. Size up your situation and make your next move with confidence.



Sagittarius Keep a low profile, and, most of all, avoid an emotional confrontation that could leave you in a vulnerable position. Hard work will be your saving grace.



Capricorn If you change things up a bit, you will find your niche. Let your creativity flow and your intuition lead the way in order to avoid wasting time.



Aquarius Look for alternatives if things aren't going your way. Live and learn, and proceed to your next endeavor. Don't let the past hold you back.



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